



## Welcome to the Healthy Foundations Wellness Rewards Program!

This is a comprehensive wellness program specifically for Human Technologies employees. This program is intended to assist you in making voluntary behavior changes that reduce your health risks, enhance your quality of life, and improve overall wellness.

On the following page is a list of activities. You can earn reward points by completing activities between **January 1, 2021 and December 31, 2021**. Please keep in mind that you do not have to complete everything on the list; some activities may not apply to you. For activities with cost associated with them, the cost is your responsibility and will not be reimbursed by HT (for example, Weight Watchers membership or Community walk/bike/run entry fee).

**You must provide proof of participation for all activities.** All proof of participation must be turned in by January 6, 2022. Examples of proof include receipts and certificates of completion. Certification forms or proof of appointment are required for annual physical with blood screen, flu shot, dental checkup, eye exam, preventive cancer screening, and smoking cessation/tobacco free. The results of exams **must not** be reported to Human Technologies.

Rewards will be distributed during the first quarter of 2022. You must be employed with Human Technologies when rewards are distributed.

If you have questions regarding the Wellness Program please contact:

Christine Saporito

315-570-6915

[ChristineS@htcorp.net](mailto:ChristineS@htcorp.net)

OR

Leanne Allen

315-570-6908

[LeanneA@htcorp.net](mailto:LeanneA@htcorp.net)

## Wellness Reward Levels

*(Reward is considered taxable income)*

1000 Points \$50.00

2000 Points \$75.00

3000 points \$125.00

4500+ Points \$200.00

Earn over 4500 points and be recognized as a “Healthy Foundations Wellness Champion”!

*If it is unreasonably difficult due to a medical condition for you to achieve the standards for the reward under this program, or if it is medically inadvisable for you to attempt to achieve the standards for the reward under this program, we will work with you to develop another way to qualify for the reward.*

## WELLNESS REWARDS PROGRAM CHECKLIST

500 Points (each check box equals 500 points)

- Annual physical with blood screen. *Proof of appointment or certification form required.*
- One (1) preventive measure throughout the year. *Proof of appointment or certification form required.*
  - a) Flu shot
  - b) Dental checkup
  - c) Eye Exam
- Completion of one (1) preventive cancer screening. Examples include skin cancer screening, mammogram, pap test, prostate exam, colonoscopy. *Proof of appointment or certification form required.*
- Successful completion of a tobacco cessation program or declaration of tobacco free. *Declaration form required at the end of the year.*
- Approved weight management program. Approved programs include: Naturally Slim and Weight Watchers (3 month minimum). Other programs must go through an approval process. *Completion documentation required.*
- Successful completion of one (1) health coaching program offered through UMR Care (available for health screening participants). *Certificate of completion required.*
- One (1) use of Teladoc (HT medical plan participants). *Receipt required.*
- One (1) use of Alight (HT medical plan participants). *Confirmation email/documentation required.*

250 Points (each check box equals 250 points)

- Team leader in up to two (2) workplace wellness challenges (up to 500 points per year).
- Successful completion of up to two (2) workplace wellness challenges (up to 500 points per year).
- Participation in 20 sessions of a monitored physical class or activity such as spinning, yoga, cardio, strength, etc. *Receipt required.*
- Participate in a company sponsored awareness program.
- (max of 10 per year, 25 points per program, for up to 250 points per year)

*One of the following:*

- Gym membership, minimum of 100 sessions for the year. *Participation report required.*
- Self-report: A minimum of 120 minutes per week. Thirty minutes a day, four times a week is an easy goal to remember. Examples include walking, running, using personal equipment, hiking, biking, skiing, and yoga. *Calendar for reporting available on website and upon request.*
- Combination of 50 gym sessions and 60 minutes per week of self-reported workouts for the year.

**More on page 2 →**

**ALL ACTIVITIES MUST BE COMPLETED BETWEEN JANUARY 1, 2021 AND DECEMBER 31, 2021.**  
**FORM AND PROOF OF PARTICIPATION MUST BE TURNED IN BY JANUARY 6, 2022. NO EXCEPTIONS.**



## WELLNESS REWARDS PROGRAM CHECKLIST CONTINUED...

100 Points (each check box equals 100 points)

- Volunteer at a community event. *Photo of you at event or letter from the organization required.*
- Participate in a community run/walk/bike event. *Photo of you at event or registration receipt required.*
- Set up a personal account with Teladoc (HT medical plan participants). *Email confirmation required.*
- Attend up to four (4) sessions of “A Break to Educate” (100 points each, for up to 400 points per year).
- Stress relieving activity such as massage, pedicure, or manicure. *Receipt required.*
- Successful completion of a workshop/class in art, music, dance, or hobby. You may find this at a local art center or community college. *Certificate of completion or registration receipt required.*

I have attached proof for all wellness activities and I attest that the information provided is true and correct.

Name (print): \_\_\_\_\_

Sign: \_\_\_\_\_

Date: \_\_\_\_\_